

KATA FOR ALL

Course Duration

Two days

Aim of the Course

The goal is to create a quality, complete teaching method that contains all the original basic judo techniques and principles.

Entry requirements

Nomination by the National Judo Federation

Course Fee

TBA

Methodology

Methodology for Trainers
Kata for Children
Seminar for Dan Grade Committee
Kata Competition

Goal

Create a quality, complete teaching method that contains all the original basic judo techniques and principles

Programme Leader

Dr Slavisa BRADIC
7th dan
Education Director
IJF Academy

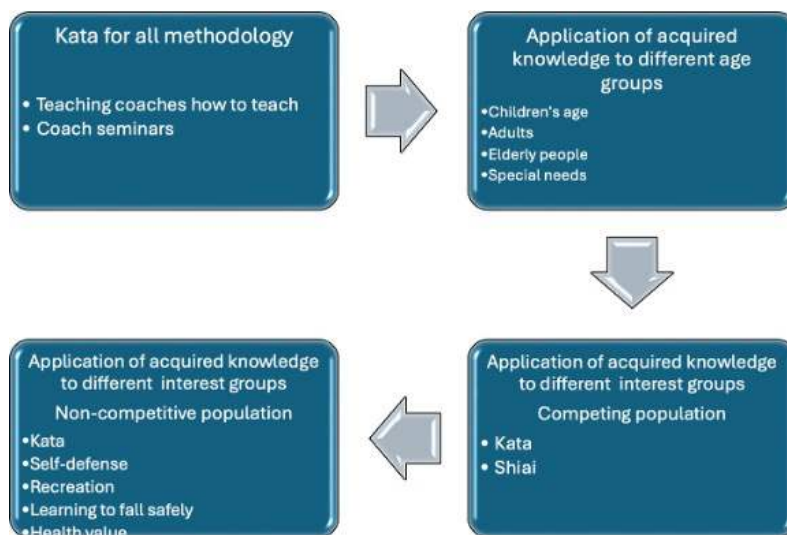


INTERNATIONAL JUDO FEDERATION
IJF ACADEMY

Since the founding of Kodokan judo, kata and randori have been integral forms of judo training alongside *kogi* and *mondo*. With the development of judo as a sport, practising kata is less prevalent.

It has remained part of the tradition and cultural heritage, part of the exam for the Dan rating or, more recently, as a *kata* competition.

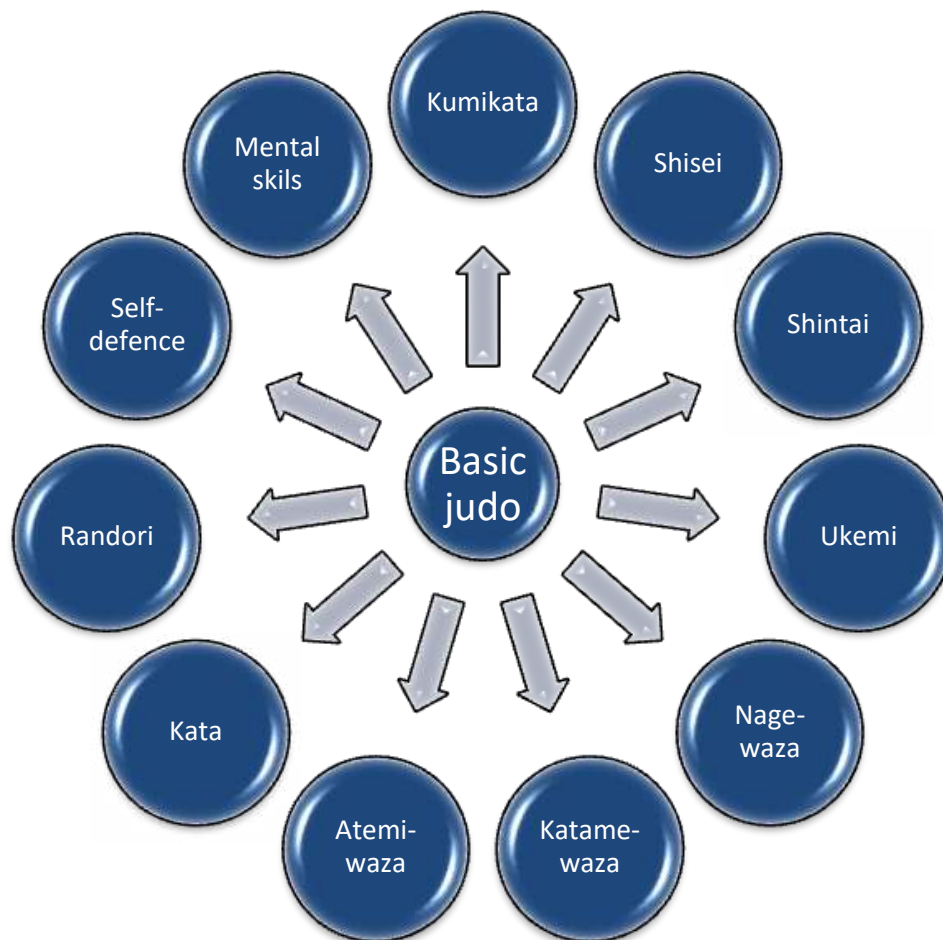
The original intention of practising judo kata is an educational value intended primarily for beginners.



Goal of Kata

NAGE-NO-KATA / KATAME-NO-KATA	Free practice
KIME-NO-KATA / KODOKAN-GOSHIN-JUTSU	Self defence
JU-NO-KATA	Excercise
ITSUTSU-NO-KATA / KOSHIKI-NO-KATA	Judo theory

KATA FOR ALL



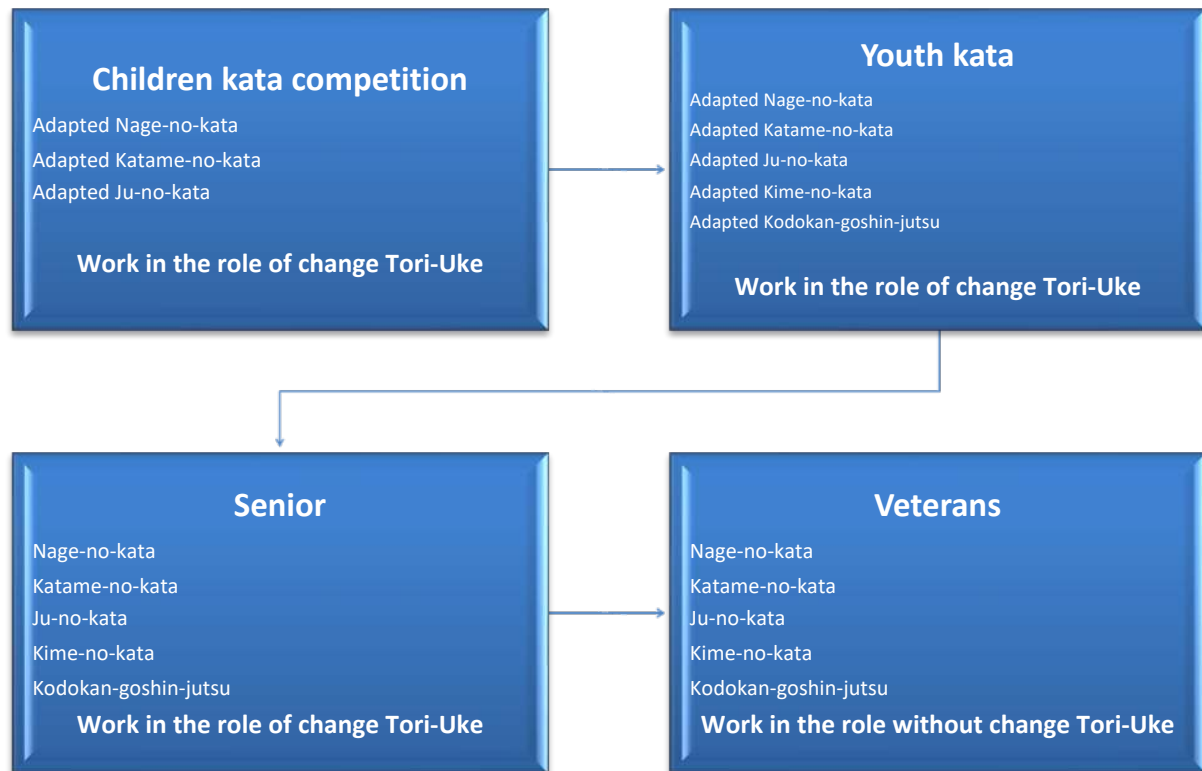
This Programme Includes



- ✦ Education methodology of Kata learning
- ✦ Different kind of technique demonstrations
- ✦ Kata demonstrations
- ✦ Popularisation of Kata in different ages
- ✦ Education methodology of learning judo techniques and principles
- ✦ Learning the basics of judo through methodically adjusted procedures
- ✦ Development of different values of Kata for all
- ✦ Present Kata for All in an exciting way
- ✦ Presentation and development of all segments of Kata that are not exclusively competitive

KATA FOR ALL

COMPETITION DEVELOPMENT



PROJECT DEVELOPMENT PLAN

The bearer of development is the International Judo Federation through the IJF Kata Commission and the IJF Academy.

Phases of project implement

1. Presentation phase
2. The phase of education of the leading judo subjects of potential implementers of the program
3. Phase of wide application
4. Monitoring and observation phase

The main goal of the kata program for all programs is the complete implementation of kata in judo segments and keep originality and uniqueness of judo will be preserved for future generations

KATA FOR ALL

PROFILE: DR SLAVISA BRADIC

IJF Academy education director and member of IJF Kata Commission and EJU Head of Kata Commission.

Graduated from Anglia Ruskin University in Cambridge with the subject of Judo in school and Doctorate at the University of Hertfordshire about Judo as a method of moral development (results published in UNESCO).

As a long-time trainer and kata expert, he directs his experience towards creating a teaching methodology for trainers with the aim of preserving the original judo techniques and principles.

The methods presented in this project are the result of joint work at the IJF Academy, they are universal with great flexibility for adaptation to different ages from children, young people, competitors or the elderly.

IJF ACADEMY FOUNDATION

The IJF Academy was set up by the International Judo Federation to be the teaching arm of the IJF.

The Malta Further and Higher Education Authority (MFHEA) is licensing IJF Academy Foundation (Licence Number: 2018-015) as a Higher Education Institution.

IJF Academy Foundation is licensed to provide Higher Education programmes through digital channels with the addition of work placements carried out in sports organisations.

